



# Martin Luther King, Jr. Swim Center

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
 Montgomery County Recreation Department - Aquatics Section

## Summer Pool Use Schedule • June 9 - August 18, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-8:30 AM <b>Early Bird Lap Swim</b> 4 Lap Lanes ◦ Limited Well Use ◦ Well Closed Tuesday & Thursday 7:30 - 8:30 AM					8:00 AM-12:00 PM Lessons Swim and Dive Teams Safety Training Lessons will be held at the indoor & outdoor pool.	C L O S E D
8:30-11:30 AM <b>Mid-Morning Swim</b> Limited Lap Lanes ◦ Team Practice ◦ Water Exercise ◦ MCRD Swim Lessons						
11:30 AM-5:00 PM <b>Noon Recreational Swim</b> Camps & Limited Lap Lanes ◦ 1 DWR Lane Available Limited use of Diving Boards/Well (see schedule on back) Well Closed Monday, Wednesday, Friday 1:00-2:00 PM					12:00-6:00 PM <b>Family Rec Swim</b> All Facilities Open Limited Lap Lanes Diving Boards Open	
5:00-7:00 PM <b>Swim &amp; Dive Team Practice ◦ Swim Lessons</b>						
7:00-8:20 PM <b>Rec. Swim</b> All Facilites Open Diving Boards Limited Lap Lanes	7:00-8:20 PM Limited Lap Lanes 7:00-9:00 PM Lessons Water Fitness Safety Training Therapeutics	7:00-8:20 PM <b>Rec. Swim</b> All Facilites Open Diving Boards Limited Lap Lanes	7:00-8:20 PM Limited Lap Lanes 7:00-9:00 PM Lessons Water Fitness Safety Training Therapeutics	7:00-9:00 PM <b>Rec. Swim</b> All Facilites Open Diving Boards Limited Lap Lanes		

This Pool Use Schedule may be changed to accommodate special events or holiday activities. MLK will close at 6:00 PM on July 4th. Entry to MLK Swim Center does not include entry to MLK Outdoor Pool.



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## PUBLIC USE TIMES

### Recreational Swim

General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.

### General Recreational Time

Monday-Friday	11:30 AM - 5:00 PM
Monday & Wednesday	7:00 PM - 8:30 PM
Friday	7:00 PM - 9:00 PM
Saturday	12:00 PM - 6:00 PM

### Hydrotherapy Pools

**Adults Only: 14-17 if accompanied by an adult.**

Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:

Monday & Wednesday	6:15 AM - 8:30 PM
Tuesday & Thursday	6:15 AM - 9:00 PM
Friday	6:15 AM - 9:00 PM
Saturday	12:00 PM - 6:00 PM

### Admission Fees for Non-Passholders

(For Each Entry)

	County Resident	Non-County Resident
Children (1-17 years old)	\$4.00	\$6.50
Adults (18-54 years old)	\$6.00	\$7.50
Seniors (55 years & older)	\$4.50	\$6.50

### Please Note:

The management reserves the right to alter the pool schedule when it is deemed necessary.

### Weight & Exercise Room

**Adults Only: 14-17 if accompanied by an adult.**

Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.

Monday & Wednesday	6:15 AM - 8:30 PM
Tuesday & Thursday	6:15 AM - 9:00 PM
Friday	6:15 AM - 9:00 PM
Saturday	9:00 AM - 6:00 PM

### Lap Swim

Lap Lanes are roped off at either 25 yards or 25 meter competitive distance. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills.

Monday-Friday	6:15 AM - 8:30 AM <i>Limited Lanes</i>
	8:30 AM - 5:00 PM <i>Limited Lanes</i>
Monday-Thursday	7:00 PM - 8:30 PM <i>Limited Lanes</i>
Friday	7:00 PM - 9:00 PM <i>Limited Lanes</i>
Saturday	12:00 PM - 6:00 PM <i>Limited Lanes</i>

Proper Bathing Suits Required! **NO CUTOFFS OR GYM SHORTS!** Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.

All patrons within the pool area must be attired in swimming apparel.

Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times.

An ACCESS Card is required for everyone entering the facility.

Groups of 10 or more must call the facility ahead of time to schedule with a manager's approval.

Lockers are available - **BRING A LOCK TO SECURE YOUR BELONGINGS!**

The use of comeras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing areas at all times.

Children who are not completely toilet trained must wear rubber pants.

**For more information, visit us online at:**  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

### Diving Boards

Monday-Friday	12:00 PM - 1:00 PM
Monday-Friday	2:00 PM - 5:00 PM
Monday & Wednesday	7:00 PM - 8:30 PM
Saturday	12:00 PM - 6:00 PM

### Deep Water Running (DWR) & Well Lap Swimming (WLS)

Mon., Wed., Fri.	6:15 AM - 7:00 AM <i>1/2 WLS, 1/2 DWR</i>
	7:00 AM - 1:00 PM <i>1 Lane DWR</i>
	2:00 PM - 5:00 PM <i>1 Lane DWR</i>
Tuesday & Thursday	6:15 AM - 7:30 AM <i>1 Lane DWR</i>
	8:30 AM - 5:00 PM <i>1 Lane DWR</i>
Monday & Wednesday	7:00 PM - 8:20 PM <i>1 Lane DWR</i>
Friday	7:00 PM - 9:00 PM <i>1 Lane DWR</i>
Saturday	12:00 PM - 6:00 PM <i>1 Lane DWR</i>

**Entry to MLK Swim Center does not include entry to MLK Outdoor Pool.**